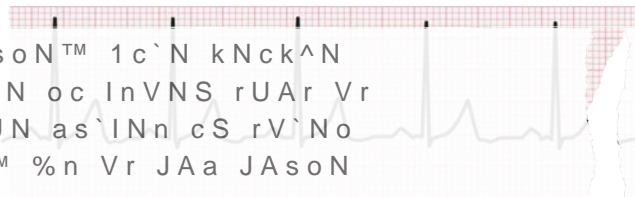


# What is an Arrhythmia?

An arrhythmia is an abnormal heart rhythm. It may

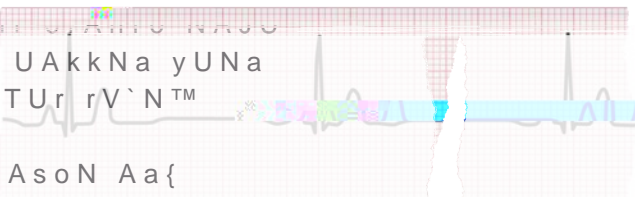
the heart rate to be too slow or too fast.



A normal heartbeat

Bradycardia is when the heart rate is too slow —

Tachycardia is when the heart rate is too fast —



bradycardia



tachycardia

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- Bradycardia is when the heart rate is too slow —
- Tachycardia is when the heart rate is too fast —

## How are arrhythmias diagnosed?

- When it's very brief, an arrhythmia can have almost no symptoms. It can feel like a skipped heartbeat that you barely notice.
- When abnormal heart rhythms are severe or last for a long time, you may experience symptoms such as dizziness, lightheadedness, or fainting. In extreme cases, it can cause cardiac arrest.
- Tachycardia can reduce the heart's ability to pump blood effectively. In extreme cases, it can also cause heart attack or death.

Before treatment, it's important for your health care team to know what type of arrhythmia you have. There are several ways to diagnose an arrhythmia:

- **ECG (Electrocardiogram):** A test that measures and records your heart's electrical activity. It can be done in a doctor's office or in a hospital.
- **Wearable devices:** Some people use wearable devices that can monitor their heart rate and rhythm over a longer period of time.
- **Implantable loop recorder:** A small device that is implanted under the skin and can monitor your heart's rhythm for a long time.
- **Stress test:** A test that measures your heart's response to physical activity. It can help identify arrhythmias that only occur during exercise.
- **Tilt table test:** A test that measures your heart's response to changes in position. It can help identify arrhythmias that are triggered by changes in posture.

on your symptoms.



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